

Vandanā (Devotion)

Namo tassa bhagavato arahato sammāsbuddhassa!

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Homage to the Blessed One, the Worthy One, the Supremely Enlightened One!

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(TISARANA- THE TREE REFUGES)

Buddhaṃ saraṇaṃ gacchāmi,

Dhammaṃ saraṇaṃ gacchāmi,

Saṃghaṃ saraṇaṃ gacchāmi.

I go to the Supreme Buddha for refuge.

I go to the Dhamma for refuge.

I go to the Sangha for refuge.

Dutiyampi buddhaṃ saraṇaṃ gacchāmi,

Dutiyampi dhammaṃ saraṇaṃ gacchāmi,

Dutiyampi saṃghaṃ saraṇaṃ gacchāmi.

A second time I go to the Supreme Buddha for refuge.

A second time I go to the Dhamma for refuge.

A second time I go to the Sangha for refuge.

Tatiyampi buddhaṃ saraṇaṃ gacchāmi,

Tatiyampi dhammaṃ saraṇaṃ gacchāmi,

Tatiyampi saṃghaṃ saraṇaṃ gacchāmi.

A third time I go to the Supreme Buddha for refuge.

A third time I go to the Dhamma for refuge.

A third time I go to the Sangha for refuge.

THE FIVE PRECEPTS (Pañcasīla)

1. ***Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi.***

I undertake the training rule to abstain from taking life.

2. ***Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.***

I undertake the training rule to abstain from taking that which is not given.

3. ***Kāmesumichcārā veramaṇī sikkhāpadaṃ samādiyāmi***

I undertake the training rule to abstain from sexual misconduct.

4. ***Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi.***

I undertake the training rule to abstain from false speech.

5. ***Surāmerayamajjapamādaṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi.***

I undertake the training rule to abstain from intoxicating drinks and drugs causing heedlessness.

Homage to the Triple Gem (The Buddha, The Dhamma and The Saṃgha)

Buddhānussati

(Contemplation on the Qualities of the Buddha)

*Iti pi so bhagavā, araham, sammāsambuddho, vijjācaraṇasampanno,
sugato, lokavidū, anuttaro purisadammasārathī, satthā devamanussānaṃ,
buddho, bhagavā ti.*

Such, indeed, is the Exalted One: the Worthy one: Supremely Enlightened, Endowed with knowledge and conduct, Well-gone, Knower of world, Incomparable trainer of persons to be tamed, Teacher of deities and men, Enlightened and Exalted.

Dhammānussati

(Contemplation on the Qualities of the Dhamma)

*Svākkhāto Bhagavatā dhammo sandiṭṭhiko akāliko ehipassiko opanayiko paccattaṃ
vedittabbo viññūhīti.*

The Dhamma is well expounded by the Blessed One, directly visible, immediately effective, inviting one to come and see, leading onwards, to be personally experienced by the wise."

Saṃghānussati

(Contemplation on the Qualities of the Saṃgha)

*Supaṭipanno Bhagavato sāvakasaṃgho. Ujupaṭipanno Bhagavato sāvakasaṃgho.
Ñāyapaṭipanno Bhagavato sāvakasaṃgho. Sāmīcipaṭipanno Bhagavato sāvakasaṃgho.
Yadidaṃ cattāri purisayugāni aṭṭha purisapuggalā esa Bhagavato sāvakasaṃgho.
āhuneyyo pāhuneyyo dakkhineyyo añjalikaraṇīyo anuttaraṃ puññakkhettaṃ lokassā ti.*

"The Saṃgha of the Blessed One's disciples is practicing well, the order of the Blessed One's disciples is practicing rightly, the order of the Blessed One's disciples is practicing the true way, the order of the Blessed One's disciples is practicing properly-that is, the four pairs of persons, the eight kinds of individuals - This Saṃgha of the Blessed One's disciples is worthy of gifts, worthy of hospitality, worthy of offerings, worthy of reverential salutation, the supreme field of merit for the world."